



YWCA of Minneapolis Women's Triathlon Lake Nokomis (Minneapolis, MN)

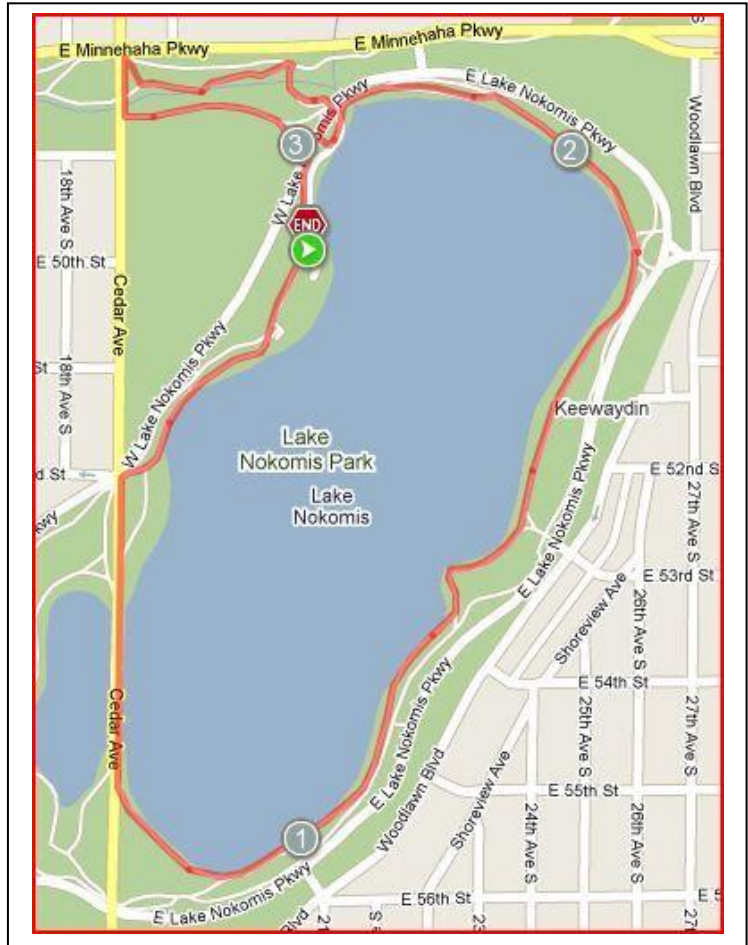
Run Course

Written Description and Info

The run course crosses Cedar Bridge and takes participants counter-clockwise around Lake Nokomis. Check out some amazing views across the lake toward the beach and downtown Minneapolis! A loop alongside Minnehaha Creek is unique, scenic and provides a great view of the runners for spectators! There will be water stations just outside the TA at the beginning of the run, mile 1, mile 2, at the finish and near the food and massage tents.

Start Runners exit the northeast end of the transition area/parking lot and turn north on the paved bike path. Please use caution as there may be a short merge section with swimmers entering the south side of the transition area/parking lot. Cross the grass to the inner path just past the end of the parking lot and follow it to Cedar Bridge. Cross bridge.

1.0mi	Water Station
1.7mi	Bathroom (just before the E 50 th St Beach)
2.0mi	Water Station
2.26mi	Cross Minnehaha Creek-Nokomis connector and do small loop around pine stand. Might be a great spot for spectators. The finish line will be in sight but stay focused! You still have a little over ¼ mile to go. Cross road to bridge over Minnehaha Creek. Run along north side of Minnehaha Creek to Cedar and cross creek on sidewalk. Return to W Nokomis Pkwy on south side of Minnehaha Creek.
3.0mi	Cross W Nokomis Pkwy to bike path
3.1mi	Finish line! Congratulations!



Please remember that athletes are not allowed back into the transition area until after the final biker has left for the run. This ensures a safe and quality experience for all participants. It is not fair when athletes in later waves are impeded by early wave athletes who have finished racing. When you finish, go get some food, massage, tell tales and cheer on other participants. Reminder: You may leave a bag of personal items (e.g. clothes, special food, etc) at the Bag Drop which you can pick up after you finish.